



# Fat Blast

Here at Vital Nutrition we believe in a long-term, healthy approach to weight management with manageable changes and achievable targets.

In **Fat Blast** we explore weight loss and the best ways to lose weight for good, discover what foods will help regulate your appetite, why calorie counting is bad for your health and what to eat to help your body burn more fat. Over the years, I have seen hundreds of clients who struggle with their weight, and there are usually a few common denominators for our fluctuating waistlines. So join me for my low down on what works, time and again, for client after client when it comes to beating the battle of the bulge...

**Vital Nutrition Your group will discover:**

- the best way to lose weight for good
- what foods will help regulate your appetite
- why calorie counting is bad for your health
- what to eat to help your body burn more fat

**Get in touch**

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